

# Haid

## Diary



*Edisi:* \_\_\_\_\_ *M*

Nama : \_\_\_\_\_

Umur : \_\_\_\_\_ th, Asrama: \_\_\_\_\_

Alamat : \_\_\_\_\_

Nmr Telp: \_\_\_\_\_

## Cara Mengisi Tabel

1. Gunakan kalender Masehi
2. Saat keluar darah bubuhkan tanda + di depan jam. Dan tanda - saat berhenti.
3. Jika kolom tanggal yang sudah tersedia kurang, lanjutkan ke halaman berikutnya untuk bulan yg sama
4. Kolom keterangan bisa diisi warna darah
5. Gunakan aplikasi android **KALKULATOR ISTIHA-DLAH** untuk menghitung jumlah haid dan suci. Hal ini diperlukan jika terjadi pendarahan lebih 15 hari. Jika haidnya normal abaikan saja

## Contoh

**Bulan:** *Juni 2018*

| Tgl | Jam     | Ket    | Tgl | Jam     | Ket   |
|-----|---------|--------|-----|---------|-------|
| 5   | + 17.30 | Kuning | 12  | - 19.30 |       |
| 7   | - 12.30 |        | 13  | + 21.00 | Keruh |
| 9   | + 7.15  | Merah  | 15  | - 7.45  |       |
| 10  | - 14.15 |        |     |         |       |

Haid Tgl/Jam : 5 Juni jam 17.30 s.d. 15 Juni jam 7.45

Jumlah Haid : 9 hari 14 jam 15 menit

Suci tgl/jam : 15 Juni jam 7.45 s.d. 10 Juli jam 6.30

Jumlah Suci : 24 hari 22 jam 45 menit

**Bulan:** *Juli 2018*

| Tgl | Jam     | Ket   | Tgl | Jam | Ket |
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| 10  | + 6.30  | Merah |     |     |     |
| 21  | - 13.20 |       |     |     |     |
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Haid Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Haid : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Suci Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Suci : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Catatan : \_\_\_\_\_

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Haid Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Haid : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Suci Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Suci : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

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Catatan : \_\_\_\_\_

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Suci Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Suci : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

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Haid Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

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Suci Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Suci : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Catatan : \_\_\_\_\_

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Haid Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Haid : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Suci Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

Jumlah Suci : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Catatan : \_\_\_\_\_

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Haid Tgl/Jam : \_\_\_\_\_ s.d. \_\_\_\_\_

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Jumlah Suci : \_\_\_\_\_ hari \_\_\_\_\_ jam \_\_\_\_\_ menit

Catatan : \_\_\_\_\_

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